

8.28.73

L-1174

5,000

# Fresh Green Beans

Each green bean recipe makes enough for 6 people.



## What you use

### Fresh Buttered Green Beans

- 1 pound fresh green beans
- 1 cup water
- 1 teaspoon salt
- 2 tablespoons  
margarine or butter

### Sweet-Sour Green Beans

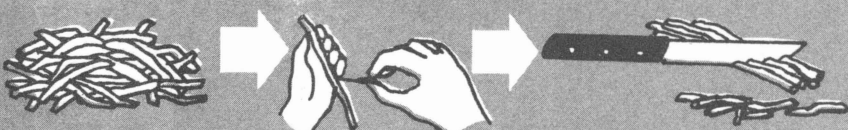
- 1 pound **cooked** green beans
- 1 onion
- 2 carrots
- $\frac{1}{2}$  cup vinegar
- 2 tablespoons water
- $\frac{3}{4}$  cup sugar
- 1 tablespoon salad oil
- $\frac{1}{2}$  teaspoon salt

The Texas A&M University System  
Texas Agricultural Extension Service  
J. E. Hutchison, Director  
College Station, Texas

# How to make Fresh Buttered Green Beans

Wash all fresh vegetables before you use them.

1




1 pound fresh green beans

Take off strings.

Cut beans in pieces about 2 inches long.

2



Water

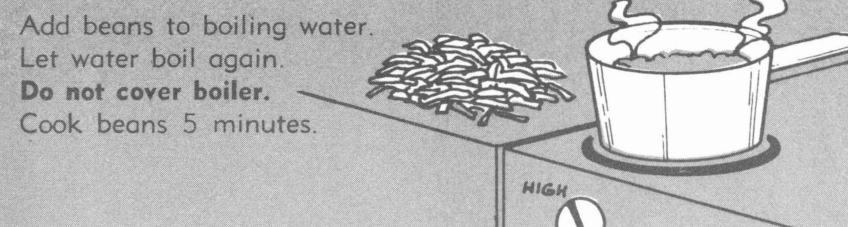
1 cup

Salt

1 teaspoon

Put water and salt in a boiler.  
Let water boil.

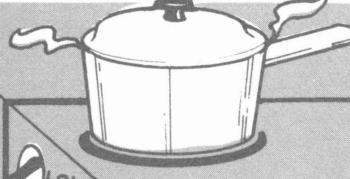
3



Add beans to boiling water.  
Let water boil again.  
**Do not cover boiler.**  
Cook beans 5 minutes.

HIGH

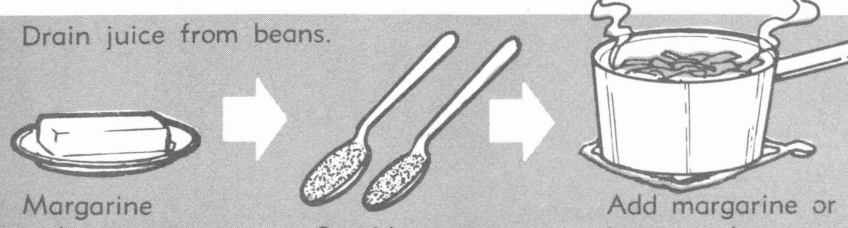
4



**Turn heat low.**  
Cover boiler with a lid now.  
Cook about 20 minutes.  
Cook until beans are tender.

LOW

5



Margarine or butter

2 tablespoons

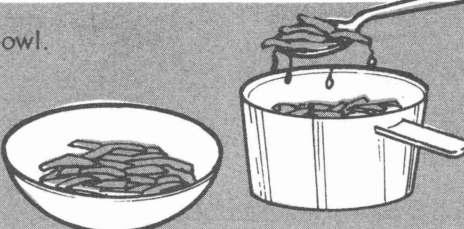
Add margarine or butter to beans.

# How to make Sweet-Sour Green Beans

Wash all fresh vegetables before you use them.

Put **cooked** green beans in a bowl.

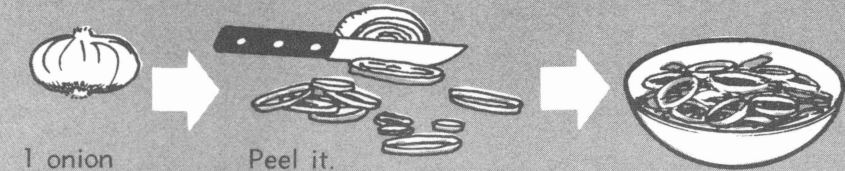
**Do not add the juice.**



1 onion

Peel it.  
Cut it in slices.  
Take slices apart  
to make rings.

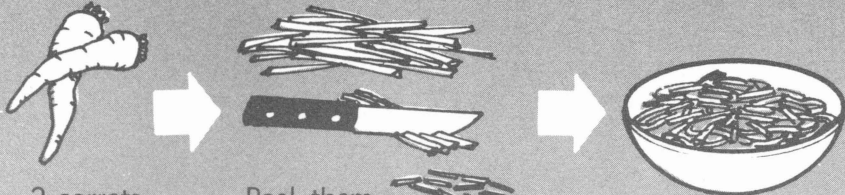
Add onion rings  
to beans.



2 carrots

Peel them.  
Cut in strips  
about 1 inch long.

Add carrot strips  
to beans.



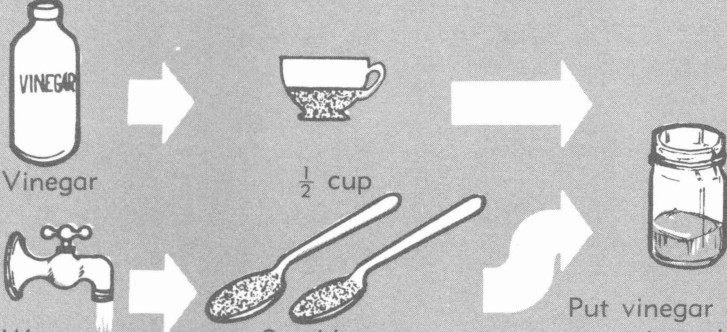
Vinegar

Water

$\frac{1}{2}$  cup

2 tablespoons

Put vinegar and  
water in a clean jar.



See next page.

5



Sugar

 $\frac{3}{4}$  cup

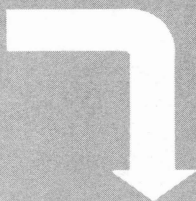
Salad oil



1 tablespoon



Salt

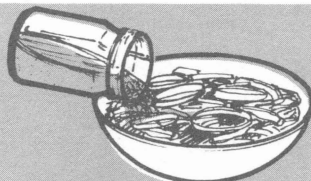
 $\frac{1}{2}$  teaspoon

Add sugar, salad oil,  
and salt to vinegar.  
Put a lid on the jar.

6



Shake jar real good.  
This makes a dressing.

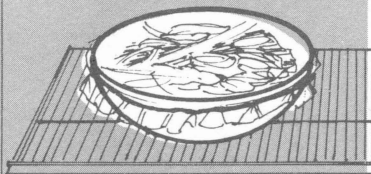


Pour dressing over beans.

7

Let Sweet-Sour Green Beans sit  
in the refrigerator for 24 hours.

Cover bowl with a lid.  
Stir them every once in a while.



Reprinted with permission of Cooperative Extension  
Service, Auburn University, Auburn, Alabama.

*Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic levels, race, color, sex, religion or national origin.*

Cooperative Extension Work in Agriculture and Home Economics, The Texas A&M University System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.

5M-5-73

F&amp;N 5